



### BEGINNING LEVEL RITUAL: GROUNDING

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Grounding is a ritual that connects your spiritual and physical self to the earth. It will steady you and create energetic balance, which allows you to connect more authentically with the mind and body.

Try it. Begin by relaxing the places in your body that hold tension—check your shoulders and slowly roll them. Check your neck and slowly roll it. Check your jaw by stretching your mouth wide open, then relaxing the jaw back into itself with the top and bottom teeth slightly separated. With your mouth more relaxed, soften your tongue and rest it on the lower palette of your mouth. These adjustments will put you more in touch with your body for the grounding work (and all the other rituals and exercises you'll be learning).

Bring your attention to your breathing and take a long, slow, deep inhalation through your nose. Hold it for three seconds, or a little longer if you can do so with ease. Then exhale a nice, long exhalation through your mouth. Repeat this *very slowly*. Nice, long, deep—but effortless—breath...in through the nose, out through the mouth. Repeat this practice five times. This ritual can be done throughout your day to remain present in your body. You can use this ritual as your transition practice—between meetings, before and after work, and so on.

Grounding is a basic—but essential—practice to help you deepen your body awareness and learn more about how to self-regulate. If you find that you don't notice any sensation below your neck when you do this ritual, I recommend staying with grounding by pausing here and practicing this exercise until you notice a sensation (heartbeat, temperatures in your chest, rise and fall of the chest during breathing, sit bones supporting you, feet making contact with the ground, etc.).

**Answer these questions for yourself:**



REFLECTIONS  
COMPANION WORKBOOK/JOURNAL

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## WHAT'S DIFFERENT?

Beginning/Intermediate Level Somatic Dimensions  
Noticing Inner Experience

*Refer to the examples below to describe your inner experience (aka, interoception) or add your own:*

Anxious	Grounded	Relaxed
Breathy	Heart Beating	Settled
Buzzy	Warmer	Slower
Calmer	Overwhelmed	Stressed
Cooler	Pulsing	Tingling

Answer the following questions:

Before this ritual, my body's experience was...

After this ritual, my body is more/less...